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Handbook of Foods and Cookery

A Review

By MARY ELVA CROCKETT

HAVE you seen a copy of "Foods and Cookery, a Handbook for makers," compiled by Miss Margaret Haggart for the department of Foods and Nutrition of the Iowa State college? If not, you have missed something. It is not a cookbook in the old sense of the word, but is truly a handbook of information for homemakers and teachers of home economics everywhere. The book is published by the Iowa Homemaker, "A magazine for homemakers from a homemakers' school," and sells for \$1.25.

From the first page entitled "What the Homemaker Needs to Know About Food" to the last page outlining the duties of a guest, the book contains valuable information. There are suggestions as to how to plan and serve meals, chapters on marketing, selection and use of various foods, the making of bread, and the preservation of food, as well as tested recipes. One section of the table, and the duties of host, hostess, and guests.

The Handbook is a short but intensive course in dietetics, giving information the homemaker should know about foods. She is told what the body needs and lists of foods are given which supply these various needs. This clears for the uninformed, the mystery of vitamins A, B, C, D, and E or X. Instructions are given on how to buy and use meats, fruits and vegetables. Certain facts are included about weights and measures and the preparation of food.

The Iowa farm woman will be interested in the chapter on "Corn and Its Products, Including Corn Sugar." The mother will turn first to the chapter telling what foods provide material to build muscle, teeth, bone, and nerves; what foods contain vitamins which regulate growth; and what foods give energy. A list of suggestions for feeding children is included.

The problem of "three squares" a day is on confronting every homemaker. It is most easily met, according to the Handbook, by planning several days in advance, rather than from

the next meal only. The chapter on "The Planning of Menus" also contains menus for dinners, with various color schemes, and for formal and informal affairs. If you want a menu for Thanksgiving, Christmas, Saint Valentine's day, or George Washington's birthday, look it up in the Handbook. If you are chairman of the supper committee of your church, you'll get help from the Handbook in planning and serving church dinners and banquets.

The man of the house will appreciate the section on etiquette and before a company dinner he will gladly read the pages describing the duties of the host and instructions for carving a fowl, a leg of mutton, a ham, a rolled roast, or a loin roast of pork, veal, or lamb. Illustrations showing appropriate table silver and various cuts of meat and the way they should be carved are of help to the reader.

"The rules of etiquette as we observe them at present are not, as some people suppose, the dictates of fashion. They are certain forms of conduct, speech, and manner that have been brought down to us through centuries of developing culture. We observe them today because they make contact in social life easier and more pleasant. One instinctively shuns the person whose table etiquette is crude or vulgar. The habit of eating together and at stated times is one of the distinguishing marks that separate civilized men from savages, and a man's behavior at table is an indication of his social status."

The reader is told that:

"The waistline should be about four and a half or five inches distant from the table's edge."

"Letters, newspapers or books have no place at a dinner table."

"The napkin is spread half unfolded across the lap after the hostess has opened hers;" and "Never wipe lips with napkin after it has been arranged preparatory to leaving table."

"The host and hostess offer second helpings by saying, 'May I serve you?' or 'May I offer you?'"

"If a blunder of any sort is made, from using the wrong fork to spilling coffee upon the best gown of the honor guest, remember that the importance of any mistake is in proportion to the amount of trouble it causes others, and don't be unhappy unless the offense really calls for unhappiness."

For the mother who wants her first-born to receive all the necessary foods for growth, for the host and hostess who wish to know the proper way to plan and serve the company dinner, and for the homemaker who must provide balanced meals for the family, "Foods and Cookery, a Handbook for

Homemakers" will fill a real need. No homemaker can afford to be without this good up-to-date scientific book which will help her solve her food problems.

A City Within a City

Gratia Kinney, H. Ec. '15, who took her Master's degree at Iowa State College in '26, is engaged in welfare work in a community house at Hamtramck, Mich., a town unique in that it is situated within another city for Detroit entirely surrounds it. Hamtramck is separate in the administration of her municipal government and schools, having only her street car line in common with the larger city. Miss Kinney's work is along the line of Americanization rather than the alleviation of poverty or suffering, for the community is a comparatively wealthy one.

Two of Iowa State's graduates, Phoebe Mentzer H. Ec. B. S. '23 and M. S. '25, and Alma Heiner H. Ec. '21, are members of the faculty of Ohio State University. Miss Mentzer is assistant in Nutrition and Miss Heiner teaches Textiles and Clothing.

Mrs. Irene Wheeler Thompson, home demonstration agent in Jones County, and Mrs. Muri McDonald, Home Economics specialist, are both at Ames. The department has kept them as homemakers for two of their extension men.

Vera Peterson Nesbit, H. Ec. '19, whose home is at 2608 Hampshire Rd., Cleveland Heights, Ohio, is secretary of the Iowa State Alumni Club of Cleveland.

Julia Beth Whiteside, H. Ec. '26, is in charge of a Home Management House at the University of Minnesota, and in addition teaches classes in physiology for student nurses.

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